

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pesto Pasta (G,D,Ce) Autumn Lentil Soup and Crusty Baguette (G) Jacket Potato with Beans & Toppings	Burritos (D,G) Moroccan Chickpea Stew and CousCous (G) Jacket Potato with Beans & Toppings	Potato Waffles and Baked Beans Paneer and Spinach Curry with Rice (D) Jacket Potato with Beans & Toppings	Sausage, Mash, Peas and Gravy (G,S) Tomato and Basil Gnocchi (G) Jacket Potato with Beans & Toppings	Pizza and Wedges (G,D) Aubergine and Tomato Curry with Rice Jacket Potato with Beans and Cheese
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	Yoghurt and Strawberry Puree (D) Fresh fruit	Apple and Pear Crumble with Custard (D,G) Fresh Fruit	Blueberry Muffin(G) Fresh Fruit	Jelly Fresh Fruit	Ice Cream (D) Fresh Fruit
WEEK 2	Main Option	Macaroni Cheese (G,D) Homemade Tomato Soup and Crusty Baguette (G) Jacket Potato with Beans & Toppings	Nachos topped with Chilli Broccoli and Pea Risotto Jacket Potato with Beans & Toppings	Hot Dog and Wedges (S,G) Chana Masala and Rice Jacket Potato with Beans & Toppings	Broccoli, Potato and Cauliflower Cheese Bake (D) Spanish Butterbean Stew and Crusty Baguette (G) Jacket Potato with Beans & Toppings	Pizza and Wedges (D,G) Stir Fried Vegetable Noodles (S) Jacket Potato with Beans and Cheese
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	Yoghurt and Raspberry Puree (D) Fresh fruit	Chocolate Sponge Cake (D)	Apple and Cinnamon Oat Slice (G)	Sticky Toffee Sponge (G,D)	Ice Cream (D)
WEEK 3	Main Option	Mediterranean Pasta Bake (G,D) Winter Vegetable Soup and Crusty Baguette (G) Jacket Potato with Beans & Toppings	Fishless Fingers, Chips and Peas (G) Moroccan Vegetable Pittas with Hummus (G) Jacket Potato with Beans & Toppings	Sausage Roll and Baked Beans (S,G,D) Dahl and Rice Jacket Potato with Beans & Toppings	Spaghetti and Meatballs (G,D,S) Creamy Vegetable and Cheese Tart (D,G) Jacket Potato with Beans & Toppings	Pizza and Wedges (G,D) Spinach and Sweet Potato Curry and Rice Jacket Potato with Beans & Toppings
	Light Meal	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds	Salad Bar with Fruits and Seeds
	Dessert	Yoghurt and Blueberry Puree (D) Fresh fruit	Strawberry Mousse (D) Fresh Fruit	Vanilla Sprinkle Cake (G) Fresh Fruit	Coconut Flapjack (D,G) Fresh Fruit	Ice Cream (D) Fresh Fruit

Allergens

D - Dairy | G - Gluten | S - Soya | Se - Sesame | Mu - Mustard | Ce - Celery

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used

Week 1 commencing: 2/9, 23/9, 14/10, 18/11, 9/12, 20/1, 10/2

Week 2 commencing: 9/9, 30/9, 4/11, 25/11, 6/1, 27/1

Week 3 commencing: 16/9, 7/10, 11/11, 2/12, 13/1, 3/2